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Pair of garage fires prompt investigation

BLAZE The arson team has been called in after two garage fires were doused by city firefighters within an hour.

Firefighters were called to 3100 block of Centre Street North after reports of a garage fire. The garage was fully involved when fire crews arrived, but the fire was confined to the garage and the house sustained no damage. A neighbouring home had exterior damage.

Forty minutes prior to this fire, a blaze in the 2000 block of Centre Street North was extinguished by firefighters.

Investigators were at the scene to determine the cause of the fire.

METRO CALGARY

Sports pg 10

Martin makes NFL history

Summer Camp pg 11

Camp anxiety normal

Entertainment pg 16

Hold Time rock and roll

Going Green pg 7

Struggles of green parents

Military Parade

Regiment's anniversary

BOBBY KUNIKSKI/FOR METRO CALGARY

The King's Own Calgary Regiment, a Calgary-based army reserve armour regiment, was on parade yesterday to celebrate its 99th Anniversary and St. George's Day. The parade took place yesterday from the Mewata Armoury to St. Stephen's Anglican Church.

B.C. swine flu 'mild'

Pair who were infected in Mexico were not hospitalized

JEFF HODSON
Metro Canada

Two separate cases of swine flu have been discovered in B.C.'s Lower Mainland, doctors at the B.C. Centre for Disease Control (BCCDC) confirmed yesterday.

The infected individuals, both men in their late 20s, contracted the virus in Mexico. They exhibited "mild" flu-like symptoms, said Dr. Danuta Skowronski, an epidemiologist with the BCCDC. Neither required hospitalization and both have since recovered.

"It's reassuring that this swine influenza virus does not automatically mean hospitalization and death," said Skowronski, who tried to assuage fears of a swine-flu pandemic.

"It may have just the typical influenza-type presentation and symptoms … This is not necessarily scary monsters."

The two cases, and four others reported yesterday in Nova Scotia, are similar in severity to the 20 cases reported so far in the U.S.

"The kinds of illness that we are seeing amongst those six confirmed cases in Canada are different than what's been seen in Mexico," Skowronski said.

The differences in severity, Skowronski said, could be explained by the way incidents are reported. Only the most severe cases — those requiring hospitalization — are reported in Mexico.

"You need to remember there are many causes — at this time of year — of severe respiratory illness. Only in a portion of the patients in Mexico has this swine influenza virus been found."

Skowronski said the two mild B.C. cases were identified because widespread reporting prompted the two men to seek medical care.

MORE COVERAGE, PAGES 3 & 4

Mexico death toll

• Mexico's health minister said yesterday that 103 people had died from the illness, adding around 400 people were in hospital out of a total of around 1,600 suspected cases. REUTERS

Resident to paint back the streets

KRISTA SYLVESTER
krista.sylvester@metronews.ca

SunnySide

TRAFFIC A southwest neighbourhood is taking back the streets with a little bit of paint and a whole lot of fun.

South Calgary resident Sandra Low is helping spearhead the movement that will see at least one street intersection in her neighbourhood coloured with paint designs in hopes of slowing down traffic.

"It's just our way of taking back our streets and letting people know we live here, this is our community and we care about it," Low told Metro. "We just want people to slow down."

Low said 15 families support the idea so far that will see an area on 38th Avenue SW painted this spring, much like those done in Ald. Brian Pincott's Ward 11 communities of Chinook Park, Braeside and Windsor Park last year.

SUBMITTED PHOTO

Street painting in Windsor Park.

Word on the street: What do the Flames need to do to beat the Blackhawks in Game 6?

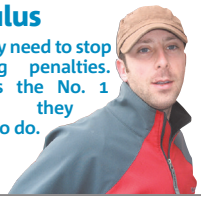
Dave Campbell

A: They need to do what they did in the last two games when they won, which is play big, exciting hockey and use the fans.

Christine Bergeron

A: They need to be a lot more focused and driven. The Hawks are a fast young team and we need to keep up.

Ben Paulus



A: They need to stop taking penalties. That's the No. 1 thing they need to do.

Mike Buono

A: Don't take penalties and put more people in front of the net. They need more intensity.

Free Daily News Group Inc., operating as Metro Calgary. 120, 3030 - 3 Avenue NE, Calgary, Alberta T2A 6T7. Publisher: Steve Shrout

Garage fire quickly contained

Fire crews arrived in less than two minutes after 9-1-1 calls for a garage fire at the 2000 block of Centre St. North. The quick response allowed the fire to be contained within the structure and all contents were saved. METRO CALGARY

Local

Roughnecks invite

It's playoff time for the Calgary Roughnecks lacrosse club and they're inviting their fans to join them outside Dutton's Lounge at the Pengrowth Saddledome, where kids and parents can enjoy activities starting at 1 p.m. Calgary Stampeders players will be in attendance to sign autographs and the 2010 Olympic torch will be on display. METRO CALGARY

Cops release photo in assault cases

INFORMATION Calgary police have released a photo of a person they believe may have information about two separate assaults last week.

A second incident April 17, may be connected with another incident the same day in a Plus-15 in the downtown core.

In the most recent case, police say a woman was assaulted in a bathroom in the 100 block of 4th Ave. SW.

ROBIN KUNISKY/FOR METRO CALGARY

Start of 29th annual police half marathon yesterday.

Runners in police race raise $40K

TRADITION More than 3,000 runners took to the streets in the 29th annual Calgary Police Half Marathon and 5K run yesterday.

The race, which kicked off the Calgary running season, raised about $40,000 dollars for charity.

The race is believed to have started when 20 officers went for a run and then lunch 29 years ago.

METRO CALGARY

News in brief

REPORT Mayor Dave Bronconnier is delivering his annual report to Calgarians in video format for the first time in history. In the Mayor's Report, Bronconnier said 2008 was really "like two years in one" and the beginning was a "red hot" economy. He pointed out that by fall the city was in a financial downturn. Calgarians are encouraged to view the video at www.calgary–mayor.ca or watch on Shaw Television today and tomorrow. METRO CALGARY

Holy expo, it's Batman

ALYSSA JULIE
for Metro Calgary

It took two years, but Will Reeb finally pieced together the perfect crime-fighting costume.

"I saw the bat symbol in the advertisement and I just had to come," says Reeb, who was dressed as Adam West's version of the caped crusader at the Calgary Comic Expo this past weekend. "I don't get too many chances to wear this, you know."

His costume, part handmade and part specially ordered, cost about $1,300 to create he says. He even has an Adam West-style batarang, bought from another comic convention.

The 50-year-old Batman lover is one of many comic enthusiasts who flocked to the Roundup Centre dressed as their favourite superhero or villain.

About 10,000 people came out for the two-day event, says Eliece Colbert, a volunteer at the convention.

Reeb, who started watching the caped crusader on TV when he was a young boy, says the Adam West Batman is his favourite because he's such a fun character and appeals to everyone, young and old.

"I read the comics and watched the TV show as a kid and I just got carried away in all the Batmania back then," he explains.

He's gotten a great response from people at the convention, he adds, although he never ran into his diabolical arch-nemesis, the Joker.

ROBIN KUNISKY/FOR METRO CALGARY

Jordan Stallings, modern Batman, meets his match with Will Reeb, Adam West Batman, as both met for the first time at the Calgary Comic and Entertainment Expo at the Roundup Centre this weekend.

Buskers thriving in downtown revitalization

ALYSSA JULIE
for Metro Calgary

Wanting to experience playing violin in front of a crowd, Karen Sim started busking at Eau Claire Market two years ago

"An entire world opened up for me," the classically trained violinist recalls. "I saw people from all walks of life … everyone wanted to stop and share their story."

When Sim started busking she could only perform in two areas — Eau Claire Market and Olympic Plaza. Last year the city relaxed permits and allowed busking from the Beltline to Prince's Island Park and 14th St SW to city hall, with valid ID from the Calgary Downtown Association, as part of a downtown revitalization project.

"It felt different," Sim said of the city's revitalization attempt. "I felt like I had a legitimate right to play in all of the downtown core."

Calgary hasn't traditionally been the most busker-friendly city, said Brian Dorscht, the events co-ordinator for the City of Calgary's arts and culture department. He said the city wants to encourage pedestrians to take a minute to stop and listen to these talented street performers, instead of passing them off as beggars.

"When people are walking down the streets and something out of the ordinary happens, it just makes things alive," he said.

ROBIN KUNISKY/FOR METRO CALGARY

Buskers are migrating back into the city core after the city relaxed rules on where they could perform.

Alderman seeks revisit of city budget

COUNCIL A city alderman is asking council to "do the right thing" today and revisit the numbers the three-year budget is based on given the dire economic situation the city finds itself in.

Ald. Ric McIver said the three-year budget was approved when more people were coming into the city and under much different inflation rates and revenue estimates.

"Now with two and a half years left on the budget, things are much different and I think we need to change the assumptions decisions were based on," McIver said.

While McIver believes the changes are obvious, he isn't sure what council will decide when he brings forward his motion today to reinstate the new information into the budget.

"It seems so simple to me and obviously it's the right thing to do, but sometimes the right things to do are the hardest to get done," he added. KRISTA SYLVESTER/ METRO CALGARY

metronews.ca

What's online today.

Video Health officials caution Canadians to not dismiss the threat of swine flu at **metronews.ca/canada**

Blogs The It's Called Football show discusses the sudden departure of TFC head coach John Carver with Ives Galarcep of ESPN

Lotteries

Friday, April 24
Lotto Super 7: 5, 6, 17, 21, 33, 40 & 41. Bonus 1.

Saturday, April 25
Lotto 6/49: 1, 11, 17, 29, 31 & 46 . Bonus 35.

These results are not official.

Winnipeg lab involved in Mexico outbreak
Winnipeg's virology laboratory is playing a leading role in the swine flu outbreak that has been blamed for several deaths in Mexico. The National Microbiology lab has found the 16 positive cases among specimens sent from Mexico for testing. **CBC NEWS ONLINE**

Canada

Jean wants co-operation

Gov. Gen. Michaëlle Jean called on Saturday for intensified energy co-operation with Ukraine, including in the nuclear sphere, to help it achieve energy self-sufficiency. Jean, interviewed during a state visit to Ukraine, also said it was up to Canada and other industrialized nations to help Ukraine find permanent solutions to the dire, long-lasting consequences of the Chernobyl nuclear disaster. REUTERS

More swine flu cases likely: MP

All cases involved only mild illness, officials say

Canada reported its first confirmed cases of swine flu yesterday at opposite ends of the country, with two cases in British Columbia and four in Nova Scotia.

Health officials in both provinces said all the cases involved only mild illness, and the people either contracted the virus because they had recently travelled to Mexico or had contact with someone who had been there.

Even so, health officials urged people to take precautions such as frequent hand washing and said they would take whatever actions are necessary to protect the public.

"The swine flu symptoms seen in Canada have thankfully been relatively mild and the patients are recovering," Health Minister Leona Aglukkaq told a media briefing.

"As we continue to ramp up our surveillance efforts, these cases are likely not the last we'll see in Canada."

Ontario and Alberta both said they had no confirmed cases.

Millions of Mexicans stayed indoors to avoid a virus that has already killed at least 103 people there and new infections in the United States fanned fears of a global swine flu pandemic.

Mexico is a popular winter vacation spot for Canadians, but there were signs this was being hurt. Air Canada said it was waiving the fees charged to people who want to delay trips to Mexico before the end of April.

Canadian border staff are trained to monitor travellers returning from Mexico for illness.

REUTERS

PM's pal gets choice posting

POLITICS One of Prime Minister Stephen Harper's oldest and closest friends has again been awarded a government posting amid charges of political cronyism.

John Weissenberger, who was recently appointed to the three-year term with the Canada Foundation for Innovation, set off a storm of controversy when he was named chief of staff to Citizenship and Immigration Minister Diane Finley in 2007.

A geologist, Weissenberger took the job with Finley after resigning under pressure from another controversial posting to a judicial advisory committee.

The CFI is an independent corporation established in 1997 by the federal government to strengthen Canadian capacity for research.

It is responsible for investing hundreds of millions of dollars in the development of research infrastructure.

NDP MP Pat Martin said yesterday this kind of blatant patronage offends the sensibilities of Canadians almost as much as out and out corruption does.

"Harper never promised an end to patronage but he did promise an appointments review commission and that's one of his biggest failures of his administration in my view," Martin said.

Weissenberger will be paid $5,000 a year plus a per diem of $750 when the CFI board meets, which is usually three times a year.

Liberal MP Marc Garneau said he was concerned with Weissenberger's strong personal friendship with the Prime Minister.

TORSTAR NEWS SERVICE

News in brief

MEETING U.S. Trade Representative Ron Kirk will meet today with counterparts from the United States' top two trading partners, Canada and China, and with Pakistani Finance Minister Shaukat Tarin. Kirk meets first today with Trade Minister Stockwell Day. Canada accounted for 17.6 per cent of total U.S. trade last year, or $597 billion US. REUTERS

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Mummies discovered near Egyptian pyramid

Archeologists have unearthed pharaonic-era mummies near Egypt's little-known, 4,000-year-old Lahun pyramid. The team expects to announce more finds soon. REUTERS

World

Pandemic fears rise

Fears of a global swine flu pandemic grew with new infections in the United States and Canada yesterday as the world raised its defences against a virus that has already killed up to 103 people in Mexico.

While the only deaths have been in Mexico, the flu is spreading with 20 cases in the United States and six in Canada, and possible cases in Europe and New Zealand.

Several major U.S. airlines are allowing customers to change travel plans to Mexico without any fee or penalty after a swine flu outbreak, but they said yesterday that there had been no flight cancellations so far.

New York Mayor Michael Bloomberg confirmed that eight schoolchildren there had caught the swine flu virus, although the cases were mild and the illness did not appear to be spreading rapidly.

Twelve cases have been confirmed in California, Kansas, Texas and Ohio, and the U.S. government has declared a public health emergency. REUTERS

JORGE DAN / REUTERS

A woman gets her throat checked for illness by medical personnel before entering a bar in Mexico City yesterday.

Nations raise their guard against flu

- A WHO official said Middle East countries should monitor visitors from the U.S. and Mexico, but it was not necessary to impose quarantine on all incoming travellers from there.
- The United Arab Emirates was also considering banning pork products from Mexico and the U.S.
- Russia imposed curbs on meat imports from Mexico, a number of U.S. states and the Caribbean.
- Four people were being checked after arriving in France from Mexico with symptoms, and three people flying to Spain were hospitalized. Test results to check if those patients were infected are forthcoming.
- Flights to Mexico from Spain were being equipped with supplies of face masks and gloves.

Mexico City grinds to a halt amid virus panic

OUTBREAK One of the world's biggest cities slowed to a snail's pace yesterday as millions in the Mexican capital hid indoors to avoid contracting a flu virus that has killed up to 103 people.

Most of the deaths caused by the virus have been in and around the capital, one of Latin America's most important centres of business, government, culture and tourism.

Bars and nightclubs were ordered shut for 10 days and on Saturday night streets usually packed with revellers were empty with improvised signs on the darkened windows advising revellers to stay away.

Some bars tried to skirt the requirements in order to let drinkers in, hiring medical personnel to take their temperatures outside and promising to turn away anyone with a fever.

The Mexican tradition of family dinners on Sundays died hard, with restaurants still serving diners, some of whom wore facial surgical masks. REUTERS

Italian cruise ship foils pirates with guns, fire hose

NAIROBI An Italian cruise ship used guns and a fire-hose to beat off an attack by pirates off the east African coast, the vessel's captain said yesterday.

Cmdr. Ciro Pinto of the MSC Melody, which has a capacity of 1,500, said his ship was slightly damaged.

The ship was attacked 960 kilometres off the Somali coast. Pinto said pistols were handed out to security. They opened fire on the pirates, even spraying them with a water hose, when they tried to clamber up the sides of the ship. REUTERS

News in brief

SRI LANKA Tamil Tiger rebels declared a unilateral ceasefire yesterday, with the military having trapped them on a tiny coastal strip along with thousands of civilians. The declaration was quickly rejected by the government, who said the rebels must either surrender or be destroyed, thus ending Asia's longest civil war. REUTERS

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Comment & Views

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Drumroll, please. Anne's new hobby is ...

HineSight

Anne Hines

metronews.ca/hinesight

The results of our Choose Anne A Hobby contest are in. I've received messages suggesting I try everything from motorcycle repair to mosaic making to Chinese calligraphy to duplicate bridge.

What I've learned this week is that Metro readers are interesting, smart and often hilarious and it's a darn shame my partner, Liz, says I'm not allowed to invite every one of you over for dinner.

I was encouraged by the number of readers who think I can be given pointy objects such as scissors and knitting needles without bad things happening. And everyone suggested I pick a hobby I'm passionate about. Unfortunately, eating uncooked cookie dough and sleeping late aren't really hobbies.

The award for "most likely to land me in jail" was a tie. R.H. suggested cutting words from magazines and fashioning them into ransom notes as a fun, affordable hobby. R.H., I'll need your home address so I can pass it on to the ... um ... to some friends.

Another reader encouraged me to take up sketching, noting this is inexpensive if I "borrow" paper and pens from my employer. I'm a student minister. "Borrowing" office supplies is not an option. Besides, they won't give me a key to the supply cupboard.

David from Vancouver suggested I start a blog to promote my books, but I'm not very comfortable with self-promotion. I would never announce, for example, that I have a new book coming out this fall (non-fiction humour, titled Parting Gifts: Notes On Loss, Love And Life, published by McArthur & Co. Please, please buy a copy and I'll clean your house). It's just not me.

But a winner must be chosen. It is Colleen Kenny, who asked, "How about dragon boating?" How about it, indeed? It's got "spunky urban warrior woman" written all over it. If not, the T-shirt I plan to get certainly will.

My sincere thanks to you all. The only thing more fun than doing my new hobby may have been choosing it.

Anne Hines is an author and humour writer. She has written three novels and one collection of non-fiction humour.

Views

Street shutdown scheme splits city council

InTransit

Shawn Logan

metronews.ca

In what has become the latest sortie in an ideological war that has split city council, a scheme to shut down half of Memorial Drive to accommodate a summer street party has brought the quiet conflict into the open.

It boils down to one simple question: Can car-crazy Calgary reform itself to become a pedestrian utopia?

Ald. Druh Farrell is watching what could have been a major victory for the pro-pavement pounders come down to a council vote.

Without a public debate, the inner-city alderman worked with city staff and nearby communities to shut down the busy east-west artery over four Sundays in August.

But vocal opposition forced Farrell and her Sunnyside supporters to blink, calling instead for a one-day closure in August to hold a street party.

Some on council say the bottom line is the roads belong to all Calgarians and it should ultimately be up to all citizens to decide how they would like to use them.

So as aldermen square off over plans for the Memorial Drive summer bash, many are seeing it as the first volley in what could be an ongoing campaign over the future of how Calgary commuters get around.

Shawn Logan is a veteran municipal affairs reporter who covered Calgary city hall for three years after working at a number of publications in southern Alberta.

MICHAEL DE ADDER

It's your turn to tell others what you think. Email your thoughts and opinions to: calgaryletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Litter affects us all

A Toronto woman has begun a campaign in an attempt to resolve the country's litter problem. Benita Grist's message is simple: Litter affects all of us, even you. METRO NEWS SERVICES

Going Green

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Share your green parenting tips

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

Another Earth Day has come and gone. Well, we hope it hasn't gone in spirit.

We've been on hiatus and it kind of feels like we slept through Earth Day this year, although the reality is that we've barely slept at all. We deliberately try to maintain some personal distance in these articles for objectivity, but the inspiration for this article (and the reason for the hiatus and sleepless nights) is highly personal. We've just welcomed our first child, a beautiful daughter, and we actually celebrated our Earth Day trying to fit an eight-pound infant into a 15-pound cloth diaper.

Looking into those big eyes peering out at us over the waistband of her diaper, we realized two things: 1) The cloth diaper would need a breathing hole; and 2) Earth Day and all that it represents suddenly means much more. It's easier to be blasé about future generations when they are not wearing your genes.

The irony, and I think other new parents may appreciate this, is that while we view a clean and healthy environment as her birthright, meeting her immediate needs can have the opposite effect, at least in the short term. Given that the breathing hole idea has not panned out, we are using disposables until her neck, at least, protrudes from the cloth diaper. Our trash output for the past three weeks has been on par with the previous three months, and it is with a sense of shame that we haul it to the curb on trash days.

The other thing we've learned about babies is they like to be warm. We're a bit notorious for keeping the house cold all winter and hot in the summer. Somehow, we can't get her to buy in. She just doesn't understand when we tell her to stop whining and put on a sweater.

And babies mean laundry. Lots of laundry, which will only pick up once the disposable diapers can be disposed of. We now get why adult laundry soap comes in small bottles and baby laundry soap comes in huge bottles. It will be a banner day when she outweighs her laundry soap.

Of course, having a baby also means less travelling, less eating out, less watching TV and working on the computer (really, I'm not just playing games). So maybe it balances out, but we'd really like to be doing better for her world.

Anyway, the point of this article is not to complain, because although we are now zombies, there are no happier zombies anywhere. The purpose is to invite you to share some of your green parenting tips. It would be a big help to us, and we would love to share some ideas in a future column.

So tell us, what changes have you made to your lifestyle since having kids that cut down on energy use, laundry, trash output, etc.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

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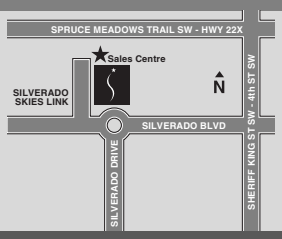

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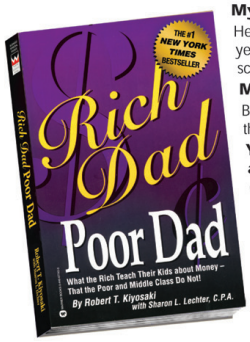

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New California fuel rules may violate trade provisions: Lawyer

8 California's new fuel rules may violate NAFTA and WTO provisions because they would unfairly limit exports of crude from Canada's oilsands, a Canadian trade lawyer said on Friday. REUTERS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Movie piracy putting Hollywood on edge

The highly publicized leak of the yet-to-be-released movie X-Men Origins: Wolverine on the Internet has shaken Hollywood, and some analysts say the theft represents the single biggest threat to the movie industry yet as it tries to survive in the digital age.

Unlike smaller productions that might have been pirated, this one cost more than $130 million US, so studio executives are anxiously waiting to see what impact more than 100,000 downloads might have at the box office.

No one is more nervous about the new digital reality than Hollywood. Studio bosses are ramping up security for the slew of movies due this summer, including Harry Potter and the Half-Blood Prince and Star Trek.

Piracy has also become a huge issue in Canada, where people are three times as likely as Americans to buy counterfeit goods, according to a 2007 Pollara survey for the anti-counterfeiting network lobby, with 40 per cent saying they knowingly purchased illegal products.

The Canadian Motion Pictures Distributors Association estimates that trade in counterfeit goods caused an annual loss to the industry of $225 million Cdn in 2005 alone, with the Canadian government forgoing $34 million in tax revenue.

Still, despite the leak of Wolverine, things may not end in disaster after all, said Charlie Keil, an associate professor of cinema studies at the University of Toronto.

"The publicity might help push the movie into the news, where the one per cent of the population that hasn't heard of it might go see it," Keil said.

TORSTAR NEWS SERVICE

Under scrutiny

- Earlier this year, the International Intellectual Property Alliance said Canada should be put on a watch list since it is the only member of the Organization for Economic Co-operation and Development to have taken "no meaningful steps toward modernizing its copyright law."

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Canada drops nine on Hungary
Martin St. Louis registered a hat trick as Canada cruised in its second game at the IIHF World Hockey Championship with a 9-0 shellacking of Hungary yesterday. METRO NEWS SERVICES

Sports

Another series win for Jays

Scott Rolen hit a go-ahead RBI single in the eighth inning, helping the Toronto Blue Jays beat the Chicago White Sox 4-3 yesterday to secure their sixth straight series win this season. After a shaky start, Toronto starter Roy Halladay (4-1) settled down and retired 12 of the last 14 batters he faced. The Jays remain in first place in the American League East with a 14-6 record. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

BRUCE BENNETT/GETTY IMAGES

New Yorker Rangers goalie Henrik Lundqvist is beaten by Viktor Kozlov of the Washington Capitals yesterday. The Caps won 5-3.

Caps beat Rangers to force Game 7

STANLEY CUP
2009 **Playoffs**

Tom Poti notched a goal and three assists to register a career playoff high for points and rookie Simeon Varlamov continued his strong play in net with 29 saves, as the Washington Capitals posted a dominating 5-3 win against the Rangers in Game 6 of their Eastern Conference quarter-final set in New York.

Alex Ovechkin, Mike Green, Milan Jurcina and Viktor Kozlov also found the back of the net for the second-seeded Capitals, who evened the series at three games apiece and will look to complete a comeback from a 3-1 series deficit in tomorrow's decisive Game 7 in Washington, D.C.

The Capitals have only rallied from a 3-1 series deficit to win on one occasion, the 1988 Patrick Division semifinals against the Flyers. Washington is also trying to win its first playoff series since it made a run to the Stanley Cup Finals in 1998.

Hurricanes 4 Devils 0
Cam Ward made 28 saves for his third career playoff shutout, and Eric Staal scored twice as Carolina staved off elimination with a 4-0 victory over the New Jersey Devils to force a deciding Game 7 tomorrow. METRO NEWS SERVICES

Cavaliers sweep Pistons

NBA
2009 **Playoffs**

LeBron James' near triple-double helped the Cavaliers show Detroit, the premier Eastern Conference franchise over the past decade, a quick exit from the post-season, as Cleveland completed a sweep of the Pistons with a 99-78 triumph in Game 4 of their quarterfinal series.

James led the top-seeded Cavaliers with 36 points, 13 rebounds and eight assists. Cleveland will now have plenty of rest before the conference semifinals, where it will face the winner of the Atlanta-Miami series.

The Heat currently lead the matchup 2-1.

James also made 16 free throws, as the Cavs sank 23-of-24 from the line overall in the win.

Bulls 121 Celtics 118 (2OT)
Ben Gordon made a game-tying three-pointer near the end of the first overtime and John Salmons provided two key free throws and a block down the stretch in the second, as Chicago evened its Eastern Conference quarterfinal series with a 121-118 double-OT win over Boston in Game 4.

Magic 84 76ers 81
Hedo Turkoglu drilled the game-winning three-pointer with 1.1 seconds remaining, helping the Magic even their Eastern Conference quarterfinals series with an 84-81 Game 4 triumph over the 76ers, the third game in the series to come down to the final possession. METRO NEWS SERVICES

share your views on

nuclear power generation in Alberta

As part of the Alberta government's comprehensive review and study of the prospect of nuclear power generation in Alberta, the province is committed to consulting with Albertans on this issue.

In 2008, a Nuclear Power Expert Panel was created with a mandate to fully examine all aspects of nuclear power including environmental, health and safety issues, waste management and comparisons with other electricity generation options in Alberta. The Expert Panel has now submitted its findings.

The Alberta government recognizes there are many diverse perspectives and views on nuclear energy and would like to hear from all Albertans via a comprehensive online survey or by paper copy. The survey will remain open until June 1, 2009.

Visit **www.energy.alberta.ca** to review the Expert Panel Report and complete the survey, or for more information call toll-free **310-0000** then **780-427-0265**.

Government of Alberta ■

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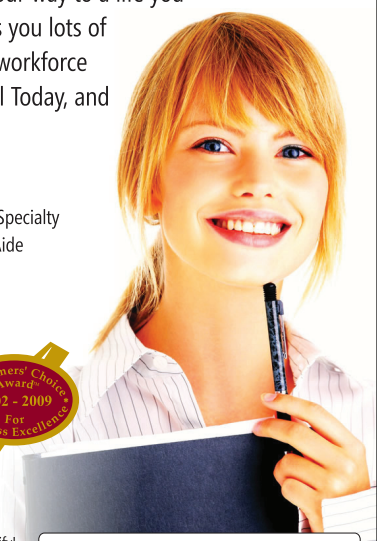

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Canada captures bronze
Canada won bronze yesterday at the world mixed doubles curling championship in Italy. METRO NEWS SERVICES

Martin makes history

PERRY LEFKO
for Metro Canada

Vaughn Martin is looking forward to the next stage of his football career, one that has gone from the Canadian university level to the National Football League in only two years.

The San Diego Chargers selected the defensive lineman in the fourth round of the 2009 National Football League Draft yesterday. Martin, who played at the University of Western Ontario, opted to pass up his remaining three years of eligibility feeling he was ready to play professionally.

The 22-year-old Jamaican-born, London, Ont.,-raised product became the first-ever Canadian university-produced underclassmen to be drafted, and the highest-drafted player from a Canadian school since Mike Schad went 23rd overall to the Rams from Queen's in 1986.

Chargers' director of college scouting John Spanos said on the club's website that the organization values Martin's raw talent.

PHOTO COURTESY NFL CANADA

Martin, right, was such a dominant force in CIS that he drew interest from more than a dozen NFL teams before being drafted by San Diego.

"Obviously he played at a lower level of competition than the typical Division I college, but our guys loved how he showed flashes of dominance," Spanos said on the team's website.

"He moves like a guy that is smaller. He has tremendous upside and his best football is ahead of him."

Martin said he is excited about the next stage of his football career.

"They said they would start me out at right defensive end and then work my way to nose," Martin added on the Chargers' website.

"I'm excited to play both positions and to play with the personnel they have. I have a lot to learn as far as technique.

"My quickness helped me with having to play a yard off, so playing a yard closer will be nice."

Martin's agent, Hadley Engelhard, likes Martin's upside.

"He's got some true talent that most of which has been untapped," Engelhard told Metro News.

"When he gets to San Diego and learns the game, the ceiling is unlimited for him. Obviously they got a feel for him that he's a lot further along than people think. We weren't surprised where he went."

Martin recorded 62.5 defensive tackles, 4.5 sacks and three fumble recoveries in university and impressed NFL teams with his power and speed.

Engelhard said Martin could collect as much as $750,000 U.S. in his first season alone combining base play and a signing bonus.

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Avoid bug bites
Most mosquitoes bite early in the morning and one to two hours after sunset. Stay in a breezy area since mosquitoes will have more difficulty finding you. Avoid perfumes, cologne, hair sprays, scented soaps, scented lotions and shampoos. **CAMPING-CANADA.COM**

Summer Camps

A little anxiety is normal: Expert

But preparation can go a long way when you're sending your kids away to camp

SHELLEY WILLIAMSON
for Metro Calgary

Sending kids to camp needn't be packed with worry. Here are tips to keep anxiety off the to-do list as you prepare to see the kids off for the first, or 10th, time.

Calgary registered psychologist Dr. Brian Zelt suggests sleepovers prior to a trip to camp.

"I wouldn't use the summer camp as the first opportunity to stay away, and if they have a chance to stay at a grandparent's or friend's place first, that would be a better situation," said Zelt.

Though most camps have a minimum age, age is not always the best ruler of readiness.

"I worked in summer camps myself, and sometimes even the older kids still struggle with being away," said Zelt.

"Sometimes even the older kids still struggle with being away." Dr. Brian Zelt

"Transitional objects" such as a pillow, stuffed animal or prized PJs can help kids bring a piece of home along, said Zelt, adding he's also heard of parents planting notes in a child's belongings or leaving letters with camp staff for delivery over the week.

One thing to avoid is gushy sentiments of how you will miss the child, because more sensitive kids can worry about whether parents are having a good time, he said.

And parents experiencing anxiety of their own can combat this with a little planning.

"I have seen that quite often, when parents' whole identity is tied up in the children ... but now they have this time to fill. I would encourage them to plan what the week will look like beforehand, and maybe take the time to spend time with a spouse, friends, or perhaps it's an opportunity to spend time with a younger child."

Parents should also avoid steps like calling counsellors or the camp director.

A little anxiety in kids is normal, but the camp is bound to let parents know it gets more severe and a child show signs of distress such as prolonged crying or physical symptoms.

Once you are prepared mentally, it's on to packing.

To make this task a no-brainer, labelmakers such as Mabels Labels and Stuck On You sell personable iron-in tags for around $20 for packs of 40 or 50. All are available online, and one manufacturer, Oliver's Labels, even makes sticky labels for inside shoes so, with any luck, kids come home toting the same items they left with and nothing extra or missing.

TORY ZIMMERMAN/TORSTAR NEWS SERVICE FILE PHOTO

A great way to prepare your kids for a fun time at camp is to try sleepovers, an expert suggests.

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Help spark kids' creativity

Following are 10 tips to help stimulate your children's creativity, boost their imagination and get them inspired.

A fun activity can involve letting kids help in the kitchen.

1 Day tripping: Kids love day trips that get them out of the house and expose them to new adventures. Consider taking them to your local museum, gallery, science centre or zoo for a unique adventure and to inspire their creativity.

2 Creative work spaces: Give them a place free of distraction that will allow their minds to wander. If you have the space, create a room in your home designed to stimulate their interests. You can hang a curtain across one end for theatre performances or, if you're more adventurous, leave a wall for them to paint on and express themselves artistically.

3 Inspirational gifts: When giving gifts, select ones that present the opportunity for imagination. Puppets, costumes and even Lego will foster creative thought and play. For a cost-effective gift, pack egg cartons, shoe boxes, bubble wrap, bathroom tissue, kitchen towel tubes and other leftover materials into a bag with paints, markers and Sellotape and let them build you a spaceship or a doll or something completely unique.

4 Praise a job well done: Show them how proud you are of their artistic accomplishments. Frame their artwork and display it on a wall in your house, on the refrigerator or in their bedroom.

5 Encourage personal style: Allow them to design and customize their own clothing. Purchase a pair of white sneakers (such as Keds) or a white T-shirt and some decorating supplies and let their personal taste and creativity shine.

6 Little chefs: Kids love to get messy in the kitchen, mixing and measuring ingredients. Let them take over the decorating of cupcakes, cookies and other treats and add their own personal flair.

7 Décor and more: Involve your children in their room's décor by asking them for their opinion on colour and furniture layout.

8 Movie madness: Enjoy a day out with the family at the movies. Animated films in particular push the boundaries in terms of storyline and visual effects.

9 Music to their ears: Ensure music is an integral part of their daily lives. By playing light music while you're in the kitchen or in the car, you can introduce them to a variety of cultural influences — chose a different station each day or every week, too.

10 Snap happy: In addition to mom and dad taking photographs, let the kids be the photographer every now and then and have them capture special moments. They might not be at the best angle or the most flattering shots — but you'll certainly smile when you see their perspective on things. NEWS CANADA

Family fun makes everyone happy

Summer is a great time to go to the local ice cream shop.

Summer is a great time to get the family out of the house for some enjoyable activities as the days are warm, there is increased daylight and there are flowers everywhere.

Below are some great ideas for family fun that will keep your kids safe and happy:

Avoid drama

With the worries of winter driving behind you, families are taking to the open road for those long car trips to the cottage and other fun destinations. If your children start to get restless, try reading them a story or share the enjoyment of a new video release with a portable DVD player. The latest versions offer two LCD screens for the price of one, so the whole car no longer needs to huddle around one screen.

Scream for ice cream

Organize the family to take a bike trip to the local ice cream shop and indulge in your favourite flavours. Make sure to wear helmets and to review the safety signals with the kids before putting the bike to pavement. Ice cream is a great treat in the middle of a bike ride.

Play a ballgame

Playing catch is a great way to enjoy the outdoors and get some exercise with your kids.

Whatever you plan to do this spring, make sure the whole family is involved and having fun. We only get a few short months of this great season so make the most of it. NEWS CANADA

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Backpack safety key for kids

As children prepare for summer days of hiking with friends or a week at summer camp, parents across Alberta are selecting backpacks to hold their child's belongings.

But backpacks often carry heavy loads and, if not packed and carried properly, can cause headaches, back, neck and arm pain and even nerve damage.

The Alberta College and Association of Chiropractors provides the following tips for choosing, packing and carrying a backpack:

• The top of the backpack should not extend higher than the top of the shoulder and the bottom should not fall below the top of the hipbone.

• Select a backpack made of lightweight material (such as vinyl or canvas).

• The shoulder straps should be at least two inches wide, adjustable and padded. Poorly designed shoulder straps can dig deep into the muscles and put strain on the nerves.

• The backpack should have a padded back for added protection and comfort.

Ensure your child wears both straps to prevent possible injury, experts suggest.

• A hip strap or waist belt redistributes as much as 50 to 70 per cent of the weight off the shoulders and spine onto the pelvis, equalizing the strain on the bones, joints and muscles.

• Choose a backpack that has several individual pockets instead of one large compartment to distribute the weight evenly and keep contents from shifting.

• Explore other backpack options, such as one with wheels and a pull handle for easy rolling.

• Keep the weight in the backpack below 10 per cent of the child's body weight.

• Pack your child's backpack so the heaviest items are closest to the body.

• Ensure your child wears both straps — slinging a backpack on one shoulder puts a lot of strain on the growing body and spine.

• Encourage your child to use the waist belt and adjust the straps.

To ensure your child is healthy and strong, consult a chiropractor, who can teach you and your child how to pack, lift and carry a backpack properly to prevent injury. For more, go to albertachiro.com.

NEWS CANADA

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For more details or to register, visit www.winsportcanada.ca or call 403-247-5452.

Stay warm

If it's a chilly night, you can use a water bottle to warm up your sleeping bag. Simply fill your water bottle with hot water, put it in your sleeping bag and roll your sleeping bag for half an hour or so before you turn in for the night. CAMPING-CANADA.COM

Easy tips to teach your toddler to swim

Swimming lessons for children often begin when they start school, but many people successfully teach toddlers or even babies to swim safely on their own — with adult supervision, of course.

Here are some easy steps to teaching your toddler to swim:

Be positive

The basics of teaching a young child to swim are to keep things positive, smile and speak reassuringly, and be sure to explain what you are about to do at every step. Use a 1-2-3 countdown when starting something new. Hold firmly, so the child senses he or she is safe.

Start with playing on the steps. Give them a toy, and let them get accustomed to the water. Ask them to pretend the water is paint and to cover themselves with their favourite colour.

Progress to blowing bubbles with them. Demonstrate by taking a big breath and blowing bubbles in front of them.

Be patient. Some children can be intimidated at the prospect of putting their face near the water. Sit down on the top step with the child and show them how to kick. Keep legs fairly straight.

Prepare your child to put the face underwater by submerging an object or toy on the steps. Let your child ride on your shoulders to prepare them to glide. Bring them through chest-deep water. Move the child to dipping underwater with a 1-2-3 countdown. If water gets in the eyes, encourage children to wipe it away like a windshield wiper rather than rubbing.

The 'crab crawl'

Teach children to "crab crawl" along the wall to get back to the steps. This is an important safety lesson — children will know there is a safe place to go if they are in distress.

Have your child use your shoulder as a pillow to learn the back float. The child's toes should be poking up through the surface of the water and the head tilted back.

Next, teach a prone glide with your arms supporting at the chest and waist or legs. Have the child hold arms straight in front and close the mouth. Gradually add the kick. Have your child sit on the side and lower them into the water as you step away from the wall.

Finally, combine all the learned skills by having your child push off the steps, kick, turnaround and head back to the steps. And remember, always demonstrate, speak reassuringly and be patient. With a solid foundation of swimming skills and water safety, you and your child will be able to enjoy your pool together for years to come

NEWS CANADA

Positivity is key when teaching children to swim.

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Water best in hot summer weather

We've all heard that magic number: Eight cups of water a day to stay healthy and hydrated. But in reality, most of us simply don't drink enough water. And now that summer's hot weather is around the corner, dehydration can become a true health hazard, especially for children, athletes and the elderly.

Canadian dietitians recommend adult women drink eight to nine cups (2.2 L) of water and other fluids a day, while men should drink up to 12 cups (2.9 L) and children at least eight (2 L). However, these needs vary depending on body size, climate, age, and so on. And summer time heat and humidity only intensify our need for water, so increasing our consumption when we're enjoying outdoor activities and exercise is vitally important.

During hot weather, it's good to be on the lookout for signs of dehydration. If you feel thirsty, that's a sign you're already slightly dehydrated; however, some of the first signs are headaches, fatigue, dry mouth and dizziness.

A good rule of thumb to make sure you're drinking enough water is to have each member of the family have a clean, filled water bottle along with them whenever they go out.

Here are a few tips to ensure you stay hydrated and healthy this summer:

- Keep water (or other healthy beverages) on hand at all times to encourage consumption.
- Always carry a temperature-controlled, filled hydration bottle whenever you go outdoors — especially in hot weather.
- Children and anyone enjoying outdoor exercise should drink half to one cup (125-250 ml) of water every 15-20 minutes (and more if it's really hot).
- Always keep a pitcher of cold water in the fridge. And if you don't like the taste of your tap water, try using a water pitcher with an activated carbon filter.

NEWS CANADA

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Metro Workology exclusive: Paws and Claws

Be sure to read Workology and Metronews.ca/work for our pet industry feature series Paws and Claws. Seen here is Fat Fat, the 3-year-old Pekingese, submitted by a loyal Metro reader. Also, be sure to check out Workology on Mondays AND Wednesdays from now on.

Workology

New website for Winnipeg

The University of Winnipeg has launched the first phase of its redesigned website. A large graphic on the homepage links to the university "You of W" portal, as well as to information about academic programs, student awards, and sustainability initiatives. The site also links to uWinnipeg's $70-million "A World of Opportunity" capital campaign.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

'Death midwife' helps ease grieving process

OddJobs

Death midwife Shelley Sherriff offers a cheaper, more personal and greener approach to death and grieving.

When Shelley Sherriff's father died back in the 1980s, she and her siblings were by his side in his hospital room. After he had passed, they found they didn't want to leave him. They stayed in the room all day, until finally the hospital asked them to go home.

"I wondered if there was another way," Sherriff, now 56, asked herself back then. Sherriff spent many of the last few years caring for her aging mother, who was in her 90s when she died. Again, the process after the death felt impersonal.

So, the website designer, who lives in both Victoria and Salt Spring Island, started doing some research. She discovered a so-called death midwife named Jerrigrace Lyons in California who both offered and taught others about offering at-home funeral services that could be both personalized and were environmentally friendly.

Over the last year, Sherriff visited Lyons and took three of her training courses. Although it's not recognized by any official body, Sherriff was certified as a death midwife through Lyon's company Final Passages.

Now, Sherriff is hard at work setting up Walking You Home. When someone dies, the family can call her instead of a funeral home. She'll arrive and will help the family bathe and dress the body, which Sherriff says is often a very caring and meaningful experience. She can also provide a casket: Either one made of cardboard, or local pine that will biodegrade. (Many caskets are made from lacquered exotic hardwood with have metal parts on them and won't break down.) If they wish, the family can decorate the casket. "It's a great opportunity for people to process their grief in a creative way," she says.

Using dry ice to preserve the body — formaldehyde is very expensive and it is said to cause cancer in funeral home staff and is not healthy for the environment once the body's in the ground — Sherriff can leave the body in her client's home for as long as three days. Then, the family can have a traditional funeral, or a ceremony of their own creation, all run by Sherriff.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Kutcher donates Twitter winnings

Hollywood star Ashton Kutcher has donated $100,000 US to the United Nations to aid the fight against malaria. Kutcher won the money after betting his Twitter.com site would gather one million followers before cnn.com. FEMALEFIRST.CO.UK

Entertainment

Wed again

Salma Hayek and her husband, Francois-Henri Pinault, held a lavish wedding ceremony in Venice, Italy, this weekend. METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONEWS.CA

Box office

1. **Obsessed:** $28.5 million US
2. **17 Again:** $11.7 million
3. **Fighting:** $11.4 million
4. **The Soloist:** $9.7 million
5. **Earth:** $8.6 million
6. **Monsters vs. Aliens:** $8.5 million
7. **State of Play:** $6.9 million
8. **Hannah Montana: The Movies:** $6.4 million
9. **Fast & Furious:** $6.1 million
10. **Crank: High Voltage:** $3.0 million REUTERS

M. Ward: Hold Time rocker

KEITH CARMAN
for Metro Canada

Antiquated: Not the word that immediately comes to mind when considering a chart-topping pop album. Yet it's the best means to describe the gracefulness of Newbury Park, Calif., native M. Ward and his sixth release, Hold Time (Merge Records).

There's a haunting familiarity to this folk-inspired singer/songwriter. Soft-spoken yet captivating, he mystifies and enraptures audiences with a velvety voice and smooth musical progressions that feel closer to orchestral movements performed by simplistic keyboards and guitars than a room full of classically-trained prodigies. Even Ward himself embraces the description. If Hold Time is antiquated, he's done his job right.

Folk-inspired singer/songwriter M. Ward recently released his sixth album, Hold Time.

"That's my biggest inspiration," he beams about ghosts of musicians past. "I like older production and guitar styles and every record is an experiment. I try my best to keep things as new as possible but because I'm a fan of older music, I'm constantly getting reminders of little I know about every element of music. Hearing records from people like Django Reinhart remind you of how much of a beginner you truly are."

Ward understands how unusual it is to be a 36-year-old independent folk musician with closer ties to the 1920s than the 2020s. Yet to him, writing and recording music today has become disposable; so common that anyone with a computer and a spare half-hour can create the next big single. Moreover, those "artists" burn bright and fast but fade quickly. As with his heroes though, Ward's music is slowly beginning to outshine those supernovas. His increasing popularity continues to blossom, proving that substance still beats style.

"I like older production and guitar styles and every record is an experiment."
M. Ward

"I ask myself why I like older music more than current music all the time," he confesses. "I think it might have to do with having a closer relationship to the music I listened to growing up before I knew what music was. Somehow with music in memory, childhood and spirituality, there are a lot of overlapping circles. For some reason, certain songs loom large in those areas. Most of those songs were not written by people like (one would find) today."

As music forges on deeper into the digital age, this audiophile clings tighter to his analog ways. He only allows in enough technology to commit his craft to tape, not overtake it. While others may have forgotten music's rudiments, to Ward, they are still very real; very present. Maybe that's why we find him so enigmatic.

"There are pluses and minuses to having recording capabilities in every person's bedroom," he says, humbly dismissing the notion. "It makes life easy for everyone to record but not for everyone to hear. For myself, it's not much of an issue because I still stay pretty focused on my inspiration and I never feel a great pressure to stay on top of whoever's on the cover of Spin. It's for my own pleasure. That's how I did it when I first started and nothing's changed."

Obsessed lacking sex, thrills

Obsessed
Director: Steve Shill
Stars: Idris Elba, Beyoncé Knowles
Classification: 14A
Rating:

STEVE GOW
for Metro Canada

Beyoncé Knowles in Obsessed.

REVIEW For a movie that's being marketed as "this year's sexiest thriller," Obsessed certainly lacks some key components. Like sex and thrills for starters.

In fact, motivated characters, a sharper script and a consistent tone wouldn't have hurt the value of this so-called thriller either.

In the neutered Fatal Attraction-wannabe, Idris Elba (RocknRolla) plays Derek Charles, a successful executive who suddenly finds himself the mark of an attractive office temp named Lisa (Ali Larter).

"I think you'll find I'm not your typical temp," she tells Derek — and boy, does she mean it. Soon, Lisa is seductively sidling up to Derek at the office party, peeling off clothes in his parked car and sneaking into his hotel room. It would all be oh-so intriguing if Derek were tempted, but he's not — even though that aspect would've jacked up the drama exponentially.

Eventually, Obsessed does deliver what most fans may be anticipating — a saucy, over-the-top scrap between Larter and Knowles (I'm not spoiling anything — it's heavily featured in the trailer). But as entertaining as that campy sequence is, it doesn't fit the tone of the rest of the drama. It doesn't matter anyhow — you'll be deep into a catnap before the catfight even begins.

Drama in a drama

A former employee of ABC's Lost is suing over her claims that she was sexually harassed by actor Henry Ian Cusick and then fired for complaining about it, according to Fox News. METRO WORLD NEWS

Doc eyes stripper case study

Comedy writer Andrea Wachner hated the idea of going to her 10-year high school reunion so much that she hired a stripper to go instead, and what followed, she says, was a comical study in human nature.

Her story is detailed in a nearly 40-minute documentary directed by Wachner that, because of issues surrounding its length and getting approval to show it from former classmates, may never be seen — not even by her parents.

But the 31-year-old Los Angeles resident said on Friday she hopes it will someday and even if not, Hollywood already has come knocking on her door. She has written a feature film script based on her story, is trying to sell a reality TV show from it, has appeared on cable news channel CNN, and is scheduled to be on ABC's morning chat show Good Morning America.

"I've been so lucky throughout this whole experience. Everything that could go wrong, went right," she told Reuters. "I love the way it all turned out."

But some of her classmates don't.

"There have been a few people that were pretty vitriolic, and I have received some angry letters," she said.

In 1995, Wachner graduated from Palos Verdes Peninsula High School in an upscale Los Angeles-area neighborhood and never looked back. She left for New York City, where she attended New York University, graduating in 2000. When she received the invitation to attend her 10-year reunion, she said she would not have dreamed of going because she hated her years at the school, where BMW and Mercedes-Benz cars were prized possessions. So, she hired Amy Bernadette "Cricket" Russell, whom she met at a Los Angeles strip club, to impersonate her.

"I love taking things that exist in the world as given — things that are mainstream, notions that people take for granted — and making people re-think them," she said. REUTERS

"I've been so lucky throughout this whole experience. Everything that could go wrong, went right."
Comedy writer Andrea Wachner

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Golden Girls star Arthur dies at 86

DEATH Emmy Award-winning actress Bea Arthur, best known as star of the hit TV comedies Maude and Golden Girls, has died at age 86, entertainment news websites reported Saturday.

Arthur, a longtime stage actress whose comic timing and deadpan delivery were a perfect fit for her sharp-tongued roles on the two series, died of cancer at her Los Angeles home, celebrity website TMZ reported.

Representatives for the actress, who won best actress Emmys — America's top television award — for Maude and Golden Girls, could not immediately be reached for comment.

REUTERS

Kenya's Style

Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit:
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CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/27/09 primetime	267	351	- ACCESS	Alberta Primetime (Live)		Castle "Ghosts" (N)		Dancing With the Stars (HDTV)			Jeff Ltd.	Primetime
	243	317	3 CFCN	etalk	Hollywood	CSI: Miami (HDTV) (N)		Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas	News (N)
	-	-	4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Dancing With the Stars (HDTV)			Surviving Sub.	Castle
	245	306	6 CBRT	TBA	TBA	To Be Announced				CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Heroes (N)		House "House Divided"		24 (HDTV PA) (N)		News Hour
	246	-	8 CKAL	Law & Order: SVU		Mantracker		Chuck (N)		Less-Kind	Surviving Sub.	Your City
	119	705	9 CBXFT	Squelettes	La Petite vie	Chère Betty (HDTV) (SC)		Belle-baie (N)	Belle-baie (N)	Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors		Big Bang Th	How I Met	Two/Half Men	Engagement	CSI: Miami (N)
	-	374	14 KSPS	NewsHour With Jim Lehrer		'Allo, 'Allo!	Steves Europe	Antiques Roadshow (N)		American Experience (N) (DVS)		
news	502	390	15 CBC	CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		Planet Earth
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Chuck (N)		Heroes (N)		Medium
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	House "House Divided"		24 (HDTV PA) (N)		News (N)
	297	652	37 WPIX	One Tree Hill (HDTV) (N)		PiX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
	500	500	29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	21 TSN	NHL Hockey	SportsCentre	NHL Hockey: West Quarterfinal -- Blackhawks at Flames					SportsCentre	Motoring 2009
	408	418	27 net	MLB Baseball		MLB Baseball		Sportsnet Connected		Sportsnet Connected		MMA Conn
	410	403	30 SCORE	(7:15) WWE Monday Night Raw				(9:15) Score Tonight		WWE Monday Night Raw		
	411	457	44 OLN	Mantracker		Bounty Hunter	Bounty Hunter	Departures		Mantracker		Bounty Hunter
	417	406	48 SPEED	SuperCars	SuperCars	Barrett-Jackson		Car Crazy	Pass Time	This Week in NASCAR (HDTV)		SuperCars
family	552	543	20 YTV	Drake & Josh	iCarly	Karaoke Star Junior (N)		Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch	Robot Chicken
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Karaoke Star Junior		Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	The Best Years (DVS)		The Soup (N)	How I Met	My Boys	Engagement	News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	How Clean	Kim	Love It or List It (N)		The Agents (N)
	521	560	24 TLC	Table for 12	Jon & Kate	Jon & Kate Plus 8		Little People	Little People	Table for 12	Jon & Kate	Jon & Kate
	603	561	25 FOOD	Food Detective	Get on Plate	Kitchen Nightmares		Restaurant Makeover		Unwrapped	Unwrapped	Work for Food
	615	520	26 A&E	Intervention "Casie"		Paranormal	Paranormal	Paranormal	Paranormal	Intervention "John C."		Intervention
	617	522	32 SHOW	Wife Swap		The Outer Limits		Cashing In	Kink in Hair	Kenny-Spenny	Kenny-Spenny	Name Is Earl
	601	562	33 SLICE	Wedding SOS	Wedding SOS	My Wardrobe	So Chic	ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
	-	633	34 ENC2	(6:55) *For the Moment* ★★ (1993, Romance)				*The Milagro Beanfield War* ★★★ (1988, Comedy-Drama)				*The Border*
	520	505	35 DISC	Dirty Jobs		The Detonators (N)		Daily Planet		Dirty Jobs		Detonator
	620	523	36 BRAVO	The 2009 JUNO Awards				Law & Order "Vendetta"		Without a Trace		*Just a Kiss*
	294	650	40 WPCH	MLB Baseball		Home Videos	House-Payne	Seinfeld	Family Guy	Family Guy	*Shadow Conspiracy* ★ (1997)	
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Jeremy Hotz
	-	539	42 TCM	(6) *The Blue Dahlia*		*The Dark Corner* ★★★ (1946, Crime Drama)			(9:45) *Macao* (1952, Crime Drama)			*Sub Command*
	628	584	43 SPIKE	Ultimate Fighting Championship 95: Sanchez vs. Stevenson				Pros vs. Joes: All Stars		CSI: NY "YoungBlood"		Amazing Video
	522	516	45 HIST	Victory 1945 (Part 2 of 2)		NCIS "Tribes"		Hero Ships		Victory 1945 (Part 2 of 2)		NCIS
	627	528	46 SPACE	(6) *Star Trek II: The Wrath of Khan*			The Circuit	Stargate SG-1		Star Trek: Next Gener.		*Star Trek II*
	-	-	47 AMC	(6) *Sabrina* ★★ (1995, Romance-Comedy)				*Driving Miss Daisy* ★★★★ (1989, Comedy-Drama)				*9 to 5*
	619	525	49 TROP	What Happen?	What Happen?	Vanity Insanity	Reality	Carlawood	E News	Ground Up		Smarter
	600	564	50 HGTV	Property Virgin	My First Place	House Hunters	House Hunters	Holmes on Homes		Property Virgin	Income Prop.	My First Place
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Berman's Call	Money Talks	Squeeze Play
	526	507	92 VIVA	Commander In Chief		Fraud	Lie Detective	Mediums	In Dreams	Judging Amy		Commander
	269	350	93 APTN	MYTV	The Mix	Miywayawin	Dancing-Spirit	Nedaa: Your Eye on the Yukon		Suaangan	Sharing Circle	Cowboy C'try
	-	-	94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	Can't Live Without Her		Marimar		Pinoy-Entertain
	571	581	100 MMM	Don't Forget the Lyrics!		Entourage	Gene Simmons	The Daily Fix		Don't Forget the Lyrics!		Entourage
	570	580	101 MM	Shot at Love-Tila Tequila		MuchNews	Video on Trial	MuchOnDemand		Shot at Love-Tila Tequila		MuchNews
	581	566	102 MTV	College Life	The Hills	The Hills	After Show	MTV Live	MTV News	Taking the Stage		The Hills

critics' corner

The Fiddle and the Drum
That Joni Mitchell's got her hand in almost everything! Alberta Ballet artistic director Jean Grande-Maitre and songwriter Mitchell got together and came up with a ballet set to her music and performed in front of shots of her artwork. Yes, she paints, too. Influencing Mitchell's music and art are her concerns about the environment and war. 5 PM on BRAVO

CSI: Miami
It's not unusual for network executives to turn to reality television to deliver some killer ratings, but it's the real-life murder of a reality star that causes Horatio and the CSI team to delve into the scandalous world of a TV dating show. Diedrich Bader, Kelly Overton, Adrianne Palicki and Jordan Belfi guest star in the new episode "Dead on Arrival." 8 PM on CFCN; 11 PM on KREM

Chuck
Chuck must save Ellie's life and keep her wedding to Awesome (Ryan McPartlin) from being ruined by Ted Roark (guest star Chevy Chase) and Fulcrum. Morgan Fairchild, Bruce Boxleitner, Tony Hale and Scott Bakula also guest star in the season finale, "Chuck vs. the Ring." 9 PM on CKAL KHQ

Bon Jovi's marriage secret

Jon Bon Jovi revealed the secret to his lasting marriage to Dorothea Hurley: He's survived for almost two decades because he lives in fear of upsetting his spouse. "Let's get that right here, right now. I'm afraid of my wife," he confessed. FEMALEFIRST.CO.UK

Celebrity Buzz

Lindsay's weight loss a cry for help?

BREAKUP Lindsay Lohan has been getting dangerously thin, and her friends claim it's a cry for help after her breakup from Samantha Ronson.

"She is a self-destructive person," a source tells People magazine. "It's all part of her cry for attention. She wants Sam to see how bad she's hurting and she wants Hollywood to see her as a 'tortured artist' who is wasting away."

METRO WORLD NEWS

Miley's dilemma: Justin or Nick?

RELATIONSHIP Miley Cyrus finds herself torn between boyfriend Justin Gaston and ex Nick Jonas, according to Gatecrasher. "I think Miley and Nick are definitely in the process of rekindling their romance," a source says, spilling that Cyrus recently got close to Jonas on a visit to his home.

"Nick's parents have this rule that when a girl is over, the door has to be open, but that didn't stop Nick and Miley from making out."

Another source claims Jonas is pushing Cyrus to end things with Gaston before they go any further.

"She doesn't know how to tell Justin that they're over, but Nick is being very firm with her."

METRO NEWS SERVICES

Spence and Heidi marry — again

MARRIAGE Heidi Montag is officially Mrs. Spencer Pratt, people.com reports. The Hills stars got married in an early evening ceremony at the Westminster Presbyterian Church in Pasadena, Calif., on Saturday, People has confirmed.

Montag, 22, and Pratt, 25, exchanged vows before about 200 guests, including Audrina Patridge, Kristin Cavallari, Brody Jenner and Frankie Delgado.

The bride wore jewels from Neil Lane, including a pear-shaped diamond floral necklace with multiple diamond chains layered over it, diamond earrings and diamond hairpins, which she picked out the day before the nuptials. Pratt borrowed a pair of diamond cufflinks from the jeweller for the big day.

The couple arrived at the church in a white Rolls Royce Phantom. Before the ceremony, an airplane flew overhead and wrote "Spencer loves Heidi" in the sky. Pratt, in a black suit, smiled and signed autographs for fans outside the church.

Meanwhile, Montag posted multiple updates on Twitter throughout the day. "This is going to be the best day of my life," she wrote at one point. "Thank you God for Spencer." She also described her wedding dress as "amazing — like a swan princess."

After the ceremony, the newlyweds kissed on the church steps. Wedding guests threw rose petals at the couple, who left for the reception in a black Rolls Royce Phantom.

The night before the ceremony, the couple held a rehearsal dinner at Wolfgang Puck's Cut. The dinner included about 40 guests — and camera crews, which filmed the events, including the couple's heartfelt toasts.

The wedding comes five months after the pair flew to Mexico for an impromptu ceremony. The Mexican celebration did not include family and friends.

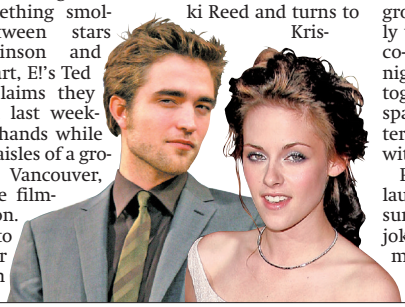
METRO NEWS SERVICES

Kristen and Robert a pair?

RUMOUR Another day, another rumour seemingly designed to set the Twilight-obsessed masses aquiver, wonderwall.msn.com reports.

Days after hinting that there's "something smoldering" between stars Robert Pattinson and Kristen Stewart, E!'s Ted Casablanca claims they were spotted last weekend holding hands while perusing the aisles of a grocery store in Vancouver, where they're filming New Moon.

According to a spy, the pair paused in front of the tabloids and "giggled" over their own headlines, which included Life & Style's cover story, "Twilight Heartbreak: A huge fight erupts as Robert ends his affair with Nikki Reed and turns to Kristen, the girl he can't have."



Word is, once fellow shoppers noticed them and started gawking, the erstwhile Bella and Edward kept their digits to themselves. Still, the apparent grocery run wasn't the only weekend outing for the co-stars. On Saturday night, they were snapped together — with plenty of space between them — after a night on the town with castmate Reed.

Pattison, however, laughs off the chatter as surreal. "It becomes a joke," he told Entertainment Tonight.

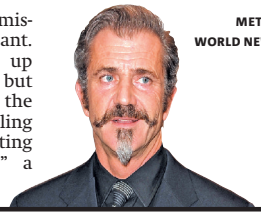
METRO WORLD NEWS

Lovechild the last straw for Mel's wife?

RUMOUR The divorce drama for Mel Gibson doesn't seem to be calming down anytime soon.

The Sun now reports that the Braveheart star's wife filed for divorce when she learned that Oksana Grigorieva, his alleged mistress, might be pregnant.

Robyn Gibson "put up with Mel for years but when she found out" the Russian singer was telling friends she was expecting "was the last straw," a source said.



METRO WORLD NEWS

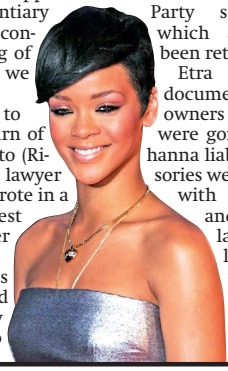
GETTY IMAGES

Rihanna's borrowed bling brouhaha

LEGAL Four jewellers who lent Rihanna approximately $1 million US worth of accessories the night of her alleged beating by Chris Brown want their bling back, people.com reports.

Since late March, Rihanna, 21, has been trying to recover the borrowed jewelry from the LAPD, who took the items into evidence in their probe.

"Since there appears to be no evidentiary value to the continued holding of this jewelry ... we respectfully (ask) the court to order the return of this property to (Rihanna)," her lawyer Donald Etra wrote in a court request filed earlier this week.



The items were described as two yellow metal hoop earrings with white stones; one yellow metal ring with white and green stones; two yellow metal rings with white stones.

"If the DA doesn't need the items, and the LAPD doesn't need the items, there's no reason why they shouldn't be returned," Etra tells People.

A source adds that Rihanna also borrowed a Gucci dress for the Feb. 7 Clive Davis Pre-Grammy Party she attended, which also has not been returned.

Etra states in the documents that the owners of the jewelry were going to hold Rihanna liable if the accessories weren't returned, with the total cost and damages related to their late return as more than $1.4 million.

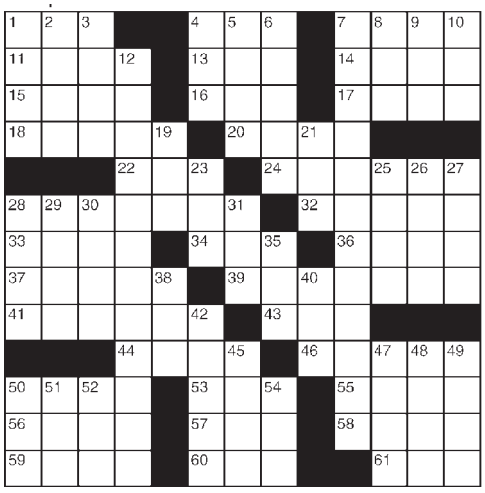
METRO NEWS SERVICES

Today Moderate snow. 1 C / -4 C
Tuesday Partly sunny. 3 C / -6 C
Wednesday Mostly sunny. 7 C / -6 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS AT 6 A.M.

Take Five



Crossword across

1 Proscribe
4 Pugilistic ploy
7 Greek salad ingredient
11 Venusian fleet?
13 Puncturing tool
14 Leave out
15 Creche trio
16 Sticky stuff
17 Ancient letter
18 Sub
20 Lummox
22 Afternoon affair
24 Soul
28 Watch the kids
32 Moral principle
33 Grad
34 Treasure seeker's aid
36 Long lunch?
37 Helvetica lack
39 Inhabitant
41 Anatomical rupture
43 Teensy
44 Pre-swan
46 Duck
50 Shock
53 Once around
55 "Zounds!"
56 Pennsylvania port
57 Have bills
58 Fax
59 Hotel furniture
60 Potent stick
61 Rotation duration

Crossword down

1 Ecdysiast's move
2 Somewhere out there
3 "Fuggedaboudit"
4 Binge
5 MPs' quarry
6 High-arc baseball pitch
7 Ali Baba's foes
8 Flightless bird
9 Bronze component
10 Noshed on
12 Andy Rooney's show
19 Thumbs-up
21 Employ
23 Intention
25 At so-and-so's house (Fr.)
26 Take on
27 Greenspan's field (Abbr.)
28 Hit hard
29 Sheltered
30 "Ironside" star
31 Slight amount
35 Church seat
38 Newton ingredient
40 Born
42 Apportion
45 Show boredom
47 On in years
48 Carvey or Delany
49 Vortex
50 Dubya's brother
51 Raw rock
52 Cover
54 Favourite

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

				9		3	6	7
7	2		4	6			1	
						8		
			8					3
2	3		1		6		5	9
9					5			
		2						
	9			3	7		4	1
6	7	4		8				

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	8	2	4	6	1	3	7	9
7	6	1	9	5	3	2	8	4
3	9	4	7	8	2	5	6	1
6	2	7	3	1	4	8	9	5
8	4	3	2	9	5	6	1	7
9	1	5	8	7	6	4	2	3
1	3	8	5	2	7	9	4	6
4	7	9	6	3	8	1	5	2
2	5	6	1	4	9	7	3	8

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Grilled Rosemary Chicken

INGREDIENTS:
8 sprigs of rosemary, each about 2 in. (5 cm) long
8 large chicken thighs
1 lb (450 g) new potatoes
Salt and black pepper
5 tbsp (75 ml) olive oil
2 large cloves garlic
6 tbsp (90 ml) good-quality mayonnaise

METHOD:
1. Preheat broiler to high and boil water in kettle. Rinse and dry rosemary and insert sprig under the skin on each chicken thigh.
2. Scrub potatoes, put into a pot, cover them with boiling water, and add a little salt. Bring back to boil and cook until tender, 15 minutes.
3. Meanwhile, arrange chicken, skin-sides down, on grill rack. Brush with 1 1/2 tbsp (20 ml) oil, sprinkle with salt and pepper, and broil 10 minutes. Turn thighs, brush with 1 1/2 tbsp (20 ml) oil, season and cook 10 minutes more, until skin is golden and crisp. Turn off broiler, but leave chicken in oven to keep warm.
4. While chicken is cooking, put remaining oil into small pot. Peel garlic, crush into oil and shake over moderate heat until just beginning to sizzle. Turn off heat. Beat in mayonnaise with 2 tbsp (25 ml) very hot water from kettle, then cover and keep warm.
5. Drain potatoes, return to pot and crush with fork until roughly broken open and slightly flattened.
6. Divide chicken thighs potatoes among 4 plates. Spoon over mayonnaise, sprinkle with black pepper, and serve.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Don't fool around with a bashful person. Uncertainty crops up about debts. Mechanical problems provoke harsh words.

TAURUS ♉
APRIL 21-MAY 21
A newcomer's purpose will be revealed. Someone has a good financial move in the works. A handshake isn't as reassuring as a kiss.

GEMINI ♊
MAY 22-JUNE 21
Meet with the people who make the decisions. Someone's child needs more respect. An infatuation is getting to be outrageous.

CANCER ♋
JUNE 22-JULY 22
You'll be in agreement with a plan. A friend is thrilled by unusual matchmaking. Don't tease a boaster who wins a prize.

LEO ♌
JULY 23-AUG 23
Humourless fanatics put an end to sentimentality. A renegade does a good deed. The loss of freedom drives you crazy.

VIRGO ♍
AUG 24-SEPT 22
When disgruntlement causes exhaustion — take a vacation. An obstacle contributes to a problem. A cruel person has revenge in mind.

LIBRA ♎
SEPT 23-OCT 23
You'll succeed beyond your wildest dreams. Avoidable anxieties only waste your time. Shabby treatment leads to hurt feelings.

SCORPIO ♏
OCT 24-NOV 22
A situation has to work itself out. An oracle doesn't see the whole picture. A flowery conversation proves to be inadequate.

SAGITTARIUS ♐
NOV 23-DEC 21
There's something you forgot to do. Shun a frustrating neighbour for the last time. The bearer of bad news gets unexpected guests.

CAPRICORN ♑
DEC 22-JAN 20
Someone desperately wants something from you. Smile when confronted by an impolite person. Do not show disdain for anyone.

AQUARIUS ♒
JAN 21-FEB 18
Give your support only if a man responds to messages. A greedy woman is disgusting. Scandal breaks out after a public breakdown.

PISCES ♓
FEB 19-MARCH 20
A strange event won't squander good moments. Don't try to correct any foolish choices. Explain messages to avoid breaking a heart.

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